

CLAIMS

1. An optical recording medium that includes a phase-change recording layer where reversible phase changes
5 between a crystal phase and an amorphous phase are used,

wherein the recording layer includes at least Sb, Tb, and Te and when indexing as a hexagonal lattice has been performed in a state corresponding to the crystal
10 phase, the recording layer has a structure where an axial ratio c/a of a c-axis length to an a-axis length in the hexagonal lattice is between 2.590 and 2.702 inclusive.

15 2. An optical recording medium according to Claim 1, wherein in the state corresponding to the crystal phase, the recording layer is constructed of a single phase with an A7 structure.